



February 2020 Weekly Meal Ideas

These are fresh ideas for the month. Always feel free to send ingredient changes, change the protein choice or request it to be in accordance with a special diet. This service is for your family.

Sandwich Makers

- Marsala Mushroom Gruyere Beef or Turkey Burgers
- Curry Chicken Salad
- Bacon, BBQ and Cheddar Wrapped Chicken Breast
- Pesto Chicken Caprese
- Philly Cheesesteak with Peppers, Onions, and/or Mushrooms in Tomato Sauce Topped with Provolone
- BBQ Meatball with Cheddar
- Lemon Dill Shrimp Salad

Send your preference for buns – White, Multigrain, Gluten Free, Pita, Naan, tortillas or Lettuce

- Send Side Preference –

Slaws – Traditional, Asian, Broccoli, Mexican, Vinaigrette, Fennel

Roasted - Potato Wedges, Fingerlings or Baby Potatoes, Radishes, Sweet Potatoes, Zucchini or Green Bean

Potato, Cauliflower or Macaroni Salad

Mexican Fixins however you like it

- Taco Beef, Shredded Pork, Chicken, Shrimp, Fajita Steak, or Fish
- Fresh with Tortillas, Sour Cream, Cheese, Guacamole and Salsa
- Freezable layered as a lasagna, enchiladas, Spanish rice, chili or soup with Sauces like Ancho Chili, Tomatillo Lime, California Red Chili, Mole and Chipotle Pepper

Meals Best Fresh the Week of the Cook Date

- Sole Filet with Green Grape and Shallot Wine Sauce with Parsley Potatoes and Asparagus
- Chesapeake Style Seafood Stew
- Stir Fry with a Protein and any mix of Veggies you like
- Lemon, Dill and white Wine Poached Salmon with Rice and Broccoli
- Pad Thai with Protein of Choice
- Shrimp and/or Clam Scampi with Asparagus and Grape Tomatoes over Linguini



Stews and Casseroles – Freezer Friendly

-Chef's pick of pasta, Zoodles, Large Shells, Spaghetti Squash, Lasagna Noodles, Vegetable Planks, Macaroni, Penne or your request. Please include a protein choice if one is not mentioned and you would like some.

- Butternut Squash Stuffed Shells with Ricotta, Mozzarella and Parmesan (add chicken or keep vegetarian)
- Lobster Mac and Cheese with Peas or Broccoli
- Spanakopita
- French Lentil and Chicken Stew with Carrots, Celery and Spinach
- White Chicken Chili
- Chili, Cheddar and Green Onion Twice Baked Potatoes
- Albondigas – Mexican Meatball Soup
- Philly Cheesesteak Stuffed Peppers in Tomato Sauce Topped with Provolone
- Thanksgiving Shepherd's Pie with Turkey and Green Beans Topped with Mashed Orange Scented Sweet Potatoes

Chicken Drummers, Wings, Bone in Thighs, Tenders or Nuggets

- Buffalo
- Teriyaki
- BBQ
- Lemon Pepper
- Hot Garlic

Choose Breaded or Not – Pork Rind Breading is used for low carb

Choose 2 sides that are below Roasts

Roasts

-Pick a meat of choice and two sides

- Roasted Whole Chicken or Bone Free Breasts or Thighs
- Pork Tenderloin or Pork Chops
- Beef Roast
- Lamb Shank, Chops or Leg of Lamb
- Meatloaf – Traditional, Italian, Turkey, Lentil
- Filets of Fish, Shrimp, Clams, Mussels, Scallops
- Fish Cakes – Crab, Shrimp, Salmon, Tuna or Cod
- Breaded Chicken, Pork or Shrimp– Parmesan, Cordon Blue, Coconut



Choose a Sauce – Marsala Mushroom, Chimichurri, Stir Fry, Teriyaki, Apple Whiskey, Pinot Grigio, Cabernet Sauvignon, Gravy, 40 Clove Garlic, Italian Tomato, and Peanut Satay

Choose two Sides:

-Red Skin Smashed Potatoes, Steamed Broccoli, Mashed Orange Sweet Potatoes, Marsala and Thyme Mushrooms, Garlicky Broccolini, Leek and Garlic Scalloped Potatoes, Cracker Barrel Hash Brown Casserole, Green Bean Almandine, French Style Lentils, Black Eyed Peas, Quinoa Pilaf, Parmesan Risotto, Mac and Cheese, Roasted Cauliflower with Lemon Zest, Parsnip and Rutabaga Puree, Celery Root Puree, Cheesy Broccoli, Cauliflower Mash, CauliRice, Roasted Winter Squash with Apples and Celery, Glazed Carrots, French Ratatouille(No Olives), Italian Caponata (Like Ratatouille, but with Olives), Plantains

Breakfast Bakes – Freezer Friendly

-Any mix of sausage, bacon, ham, and vegetables with eggs that you like will taste good. It can be with bread or without to be low carb. They can be baked in muffin form, quiche, sandwiches or a baking dish. Here are some examples.

- Lobster and Spinach with Gruyere
- Chicken Apple Sausage, Peppers, Onion and Gruyere
- Sausage, Eggs, Cheddar and Green Onion Tater Tot Casserole
- Greek with Feta and Spinach
- Southwest with Chorizo, Peppers, Onions and Cheddar

Jar Salads – Mains – Each Jar is one portion – Feel free to adjust ingredients for likes and dislikes

- Pesto Shrimp, Mozzarella, Grape Tomatoes, Bell Peppers and Scallion over Greens
- Chicken, Wine Poached Pear, Truffle Cheese, Carrots, Shallot over Romaine and Radicchio with Balsamic Vinaigrette
- Greek Chicken with Feta, Tomatoes and Cucumbers in Lemon Red Wine Vinaigrette
- Salmon, Grape Tomatoes, Cucumbers, Carrots and Peppers with Creamy Greek Yogurt and Dill Dressing
- Italian Chop Salad with Salami, Prosciutto, Mozzarella, Roasted Peppers, Grape Tomatoes over Romaine in Red Wine Vinaigrette

Side Salad – Each Jar has two Servings

- Romaine with Cucumbers, Carrots, Peppers, and Scallions with Creamy Greek Yogurt Dill Dressing
- Greek with Feta, Olives, Cucumber, Red Onion, Tomato over Romaine with Red Wine Vinaigrette



- Kale Salad with Celery, Dried Apricot, Sunflower Seeds and Goat Cheese
- Romaine, Cucumbers, Carrots and Peppers with Creamy Greek Yogurt Ranch
- Roasted Beet, Orange Segments, Goat Cheese and Candied Walnut Salad over Greens
- Fresh Fruit with Watermelon, Blueberries and Green Grapes